



### Sample Half-Day Itineraries for Valid for 2023

#### **1. Half Day, morning (option 1)**

- 9.00 am Arrival, welcome, introduction at CAC grounds  
9:15 am **African Dance/drumming workshop**  
10:15 am **Guided tour Traditional bomas & traditional instruments**  
11:30 am **Traditional Dance & Music Performance**  
12:30 pm **Traditional meal**  
1:00 pm Departure

#### **2. Half Day, afternoon (option 2)**

- 1.00 pm Arrival, welcome, introduction at CAC grounds  
1.15 pm **Traditional meal**  
1:45 pm **African Dance/drumming workshop**  
2:30 pm **Guided tour Traditional bomas & traditional instruments**  
3:45 pm **Traditional Dance & Music Performance**  
5.00pm Departure

#### **PRICING FOR 2023**

# pax	workshops /pax	bomas/ pax	exhibits/ pax	lunch/ pax	show/ pax	COST/ PAX	TOTAL COST
2	\$16	\$10	\$10	\$10	\$125	\$171	\$342
4	\$14	\$9	\$9	\$10	\$62	\$104	\$412
6	\$12	\$8	\$8	\$9	\$42	\$79	\$474
8	\$11	\$6	\$6	\$9	\$32	\$64	\$512
10	\$10	\$6	\$6	\$8	\$25	\$55	\$550
20	\$8	\$5	\$5	\$8	\$15	\$41	\$820
50	\$5	\$3	\$3	\$7	\$12	\$30	\$1,500
100	\$2	\$2	\$2	\$6	\$7	\$19	\$1,900

+VAT as required

*Drivers/guides are always free for all activities.*

*Please contact the CAC for specific quote (0784 052 766 direct line or [info@cac.ac.tz](mailto:info@cac.ac.tz) )*



Cultural Arts Centre  
Tumaini University Makumira

### **Brief Descriptions of activities for visitors to the Cultural Arts Centre:**

**Traditional Dance Performance:** This is a one-hour high-energy performance by 16 professional CAC dancer/musicians. The shows features traditional dances from many different ethnic groups in Tanzania, with various types of instrumental music (drums, flutes, marimba, mbira [thumb piano]). This is a must-see to enjoy the excitement and energy of Tanzanian traditional cultures.

**African Dance Workshop:** Visitors will learn part of a traditional dance from Tanzania, led by CAC professional dancer/musicians. Willingness to move and shake is all that is required. Traditional drumming involves learning to play some patterns common in certain regions of Tanzania. Requests can be accommodated.

**Traditional Meal:** Enjoy Tanzanian foods prepared in our outdoor kitchen over traditional fire and served in traditional clay pots. Guests will be able to eat some of the following: pilau (seasoned rice with or without meat), traditional ugali (stiff corn porridge) with sauce, ndizi (cooking banana stew), mchicha (various cooked greens) plus fresh fruits. Options for vegetarian, gluten-free and lactose-free with advance notice.

**Tour traditional bomas and traditional instruments:** Guests will visit traditional Maasai, Arusha, and Meru homes on-site. There are wonderful views of Mt. Meru and many types of birds and monkeys can be seen at the CAC. The instrument exhibits includes demonstrations and opportunities to try out various traditional instruments from different parts of Tanzania.

*Additional or customized activities related to performing arts and traditional culture are available upon request, including access to our digital archives of Maasai, Meru and Chagga dance/music, over 1,500 video clips, and making traditional instruments.*

*Please contact us so we can create the perfect package for your clients. In addition to our website please find us on FaceBook (/cacproj) and Instagram (cultural\_arts\_centre) for current activities.*